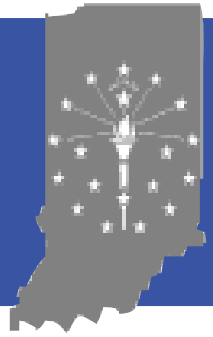


The INTERCHANGE

The official newsletter for Indiana state employees



INShape Indiana's 10 in 10 Challenge

Have **you** accepted the challenge?

INShape Indiana invites you to join other state employees and Hoosiers all across the state in the 10 in 10 Challenge.

We encourage those who could benefit from it to commit to losing 10 pounds in 10 weeks. However, anyone, whether he or she has a weight loss goal or not, can use the information provided during the challenge to make healthy changes.

If you haven't already, go to www.inshape.IN.gov to join INShape Indiana and take part in the 10 in 10 Challenge so you will be sure to receive the weekly emails about the challenge.

Each week you will be challenged to make a healthy change in the way you eat and the way you get active. The weekly tips, being prepared with the assistance of a trainer and a nutritionist, will include great information and excellent examples for those ready to make a healthy change!

The goal is to consume 250 calories less each day while burning an extra 250 calories through a more active lifestyle. Subtracting 500 calories

per day computes to a one pound weight loss in a week's time.

Ten weeks from now you could be 10 pounds lighter, feel better and be on track for a better life. To sign up, simply visit www.INShape.IN.gov.

The new registration process makes it easier than ever to join INShape Indiana and there are no passwords required. You can sign up at any time and join the thousands of others who have already made the commitment...it is never too late to start improving your health.

Tell us how you're doing

More information about the 10 in 10 Challenge will appear in the March and April issues of The Interchange and will highlight state agencies and state employees who have committed to the challenge.

If you would like to share your story with others and possibly be featured in The Interchange, please send an e-mail to Tanya Parrish, INShape Indiana Director, at tparrish@isdh.in.gov. In the e-mail include your name, title, agency, why you decided to participate in the challenge and how you are doing so far.

Mechanics fine tune their skills

John Small is leading the pack and several fellow mechanics are hoping to catch up with him. Small is a Master Mechanic, certified by the National Institute for Automotive Service Excellence (ASE).

To be an ASE-certified master mechanic, Small, a mechanic out of the Vincennes District, had to have at least two years of hands-on, relevant work experience and pass a minimum of six tests on automotive service.

He's successfully completed seven and plans to continue his efforts to improve his competency. A fellow mechanic, John Held, has completed nine tests, but has not yet reached the Master ranks.

Of the six mechanics in the Vincennes District, three are taking classes in the spring for certification. "The tests give me the credentials to prove my competency at repairing medium to heavy trucks," explained Small. "Not too many mechanics used to bother with the certification, but now more are looking at it."

Jack Hohman with INDOT's Highway Management Division, agrees: "We now have some 20 to 25 mechanics across the State who have some sort of ASE certification." He anticipates even more mechanics to choose to become ASE certified in more than one area.

While Small is a master mechanic in the medium to heavy truck division, he plans to now focus on another area. His options include light truck to car, body collision/repair and parts.



Sagamore recipient tied to state employment

Bertha Fry has a long list of accomplishments, the latest being she's been named a Sagamore of the Wabash.

If that's not enough, she has strong family ties to state employment. Bertha Fry's granddaughter, Paula Luzader, is a rehabilitation therapist at LaRue D. Carter Memorial Hospital. Paula's husband, Kevin, is a human resources generalist with the Department of Correction. And one of her great-grandsons, Benjamin Scamihorn, is a highway maintenance worker out of the Terre Haute District.

Still, Mrs. Fry has an even greater accomplishment – she is 113 years of age and the eighth oldest centenarian in the world. Fry's youngest great-granddaughter, the youngest daughter of Kevin and Paula, at 13, is but one century and one month younger.

Mrs. Fry just missed being named the oldest living Hoosier by eight months. That honor is held by a Shelbyville woman.

Ready, set, give it up!

Registration for the March classes for Smoking Cessation are underway. Sign up today by calling Lisa Smith at 317.221.2084.

Classes will be held from 11 a.m. to 12:15 p.m. Fridays, beginning March 2nd and ending March 23rd. Each class will meet in the Indiana Government Center South (IGCS), Foyer 3 east. To get to the meeting room, take the IGCS east central elevators to the third floor, turn left off the elevator and the room will be straight ahead.

If there are employees, not located at the Indianapolis Government Center, but interested in the smoking cessation classes, contact Lisa to discuss alternative sites.



Gov. Daniels recently paid a visit to Bertha Fry to present her with a Sagamore of the Wabash honor. Mrs. Fry still maintains her own apartment in an assisted living center in Muncie and walks one third of a mile every day.

Sign up for DNR news

The Department of Natural Resources (DNR) is now available to you – tailor-made. State employees can now sign up for the outdoor news they want to receive from DNR. Simply register for the electronic e-mail newsletter, MyDNR, at <http://www.dnr.in.gov/mydnr>

Be the first to learn about DNR's offerings on recreation, events, programs, promotions and news. Get up-to-date information about DNR programs in your area, seasonal offers and more.

When you register, it is up to you to decide which topic interest you. Choose as many or as few areas that you want including: outdoor recreation (hiking, biking, ATVs, etc.), camping, fishing, boating, hunting, non-game/endangered wildlife, kids/family fun and other.

MyDNR is also available in text or html-format, so that you can receive your DNR news the way that you want it. Choose the quick, convenient text format for slower connection speeds or the full-color version with illustrative photos by DNR staff photographers (the html format).

PeopleSoft set to be new and improved

PeopleSoft HR will have new whistles and bells, come mid-July. The latest version of the software program offer several improvements over the current version, according to Jack Borgerding, Deputy Director for State Personnel Department.

Improvements in the upgrade include:

1. A single point of access. Employees will still use their ID and password to sign on, but will have access to more information from a single point. The portal links employees who use PeopleSoft HR, Financials and ELM to one access point for signing in.
2. Employees will be able to do their own updating of benefits administration. When an employee has a qualifying life event (change in marital status, birth of a child, adoption, etc.), the employee will be able to sign on to PeopleSoft and make those changes online.
3. The look and feel of eRecruit will change and it will be easier for the State to process internal and external applications. A new "save for later" button will allow applicants to stop in the middle of their application and return to it later, without losing the information. Overall, eRecruit will become more user friendly for both applicants and HR users.
4. ePerformance Management is a new option. It will allow for an online performance review process. Initially, ePerformance will be a pilot project; once the module is reviewed, it will be rolled out to all state employees.

Move over Uncle Sam

Col. Lew Wallace is looking for a few good men and women to join the 11th Indiana Infantry Regiment. Actually, it's not really Col. Wallace, but someone role playing the Colonel's life during the Civil War.

The 11th Indiana Zouaves Civil War Re-enactment Company is eager to recruit new members to help the Unit participate in 10 to 15 events each year. The minimum age requirement is 16 years old.

Both men and women are encouraged to get involved. Some women have served as soldiers, hiding their hair under their caps; other women dress in period costumes and carry bandages, water and medical supplies to soldiers on the battlefield. Currently, the Unit has two women disguised as soldiers. and also boasts two 16-year-olds.

Members of the Unit participate in Civil War battle re-enactments and/or living history events and school education days, traveling throughout the State. Each member is responsible for getting their own costumes and equipment, however the Unit has enough to clothe and outfit participants until they are able to get their own.

Those interested can contact F/Sgt. Mike Beck by e-mail at Irwin@netdirect.net. Sgt. Beck of the 11th Unit, in real life is Lt. Beck, and the facilities manager at the Indiana Law Enforcement Academy. He is one of two state employees who participates in the living history and re-enactment events of the Unit.

The Company was formed five years ago, but he has been involved in re-enactments for eight years.

F/Sgt. Beck said that the Unit has been called upon to participate in burial ceremonies, as well as serve



as color guard for military funerals. "That's happened when a funeral home could not get together a color guard, or someone was familiar with our Company and requested us," he explained.

This year's first event will be held during the Sassafras Tea Festival in Vernon. From there it's off to Conner Prairie for a living history, followed by a battle re-enactment at Billie Creek.

From there the Unit migrates up and down the state. One of their last appearances will be in Gettysburg, PA to participate in the annual Remembrance Day parade. Its only other out-of-state appearance will be in Mills Springs, KY.

The original 11th Indiana Infantry Regiment was organized at Indianapolis on Apr. 25, 1861, for a three-month term of service, then re-organized and mustered-in for an additional three years' service with Col. Wallace as its commander.

At the start of the Civil War, Lew Wallace was appointed by Governor Oliver P. Morton as the Adjutant General of Indiana. The son of a former Indiana governor, Wallace was a lawyer, veteran and statesman. He resigned his post to command the 11th Indiana Infantry Regiment that was one of the first six regiments raised by the state for the war. He later authored the classic Ben Hur.

Special offer from Indiana Members Credit Union for all state employees

Indiana Members Credit Union (IMCU) will **pay you \$50** for refinancing your vehicle and paying off a competitor.* With our recent rate reduction, you may be able to lower your rate, your payment, and have the option to payroll deduct the loan payment!

For state employees in metropolitan Indianapolis, call Brenda Jones, Government Center Branch Manager, at 317.232.5335.

For those outside the Indianapolis area call the Member Services Phone Center, toll-free at 800.556.9268 for a payment comparison. The process is quick and easy!

**Current IMCU loans exempt. Subject to credit approval. Limited time offer. \$7,500 minimum loan amount. This credit union is federally insured by the National Credit Union Administration.*



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Printed on Recycled Paper

INDIANA
Driven by People

I-File: fast, friendly and free

The Department of Revenue would like to encourage all state employees to consider using I-File - Indiana's electronic filing program. I-File is a fast, friendly and free program that has no annual income restrictions.



I-File also helps the State save taxpayer money through reduced processing and printing costs. It costs about \$1 to process a paper return, but only about 4 cents to process an electronic return.

The Department of Revenue has found that the average user should be able to get through the program in 30 minutes or less. I-File will be available Feb. 1.

Some benefits of using I-File include:

- Question-and-answer format that chooses the correct tax form

and walks through each step of completing the return.

- Pre-filled information (i.e. name, address and employer) to save time when filing.
- Help links reference information booklet instructions and worksheets.
- Reprint function to print your completed tax return at a later date.
- Resume function to save your work and finish at another time.
- Interactive form to review the tax return while filing.

Upgrades have also been made to I-File this tax season to make it even more user-friendly. The upgrades include a simplified login, improved navigation, improved help links and the option to view your tax form throughout the filing session.

For more information or to file visit www.ifile.in.gov. If you have additional Indiana individual income tax questions, call 317.232.2240.

College financial aid open house scheduled

Thinking about college, or know of a high school student who is interested? Then make plans to attend College Goal Sunday for free help completing financial aid applications for college.

College Goal Sunday will be held from 2 to 4 p.m. Sunday, Feb. 11 at 34 sites throughout the state. To find the location closest to you, log onto www.CollegeGoalSunday.org or call toll-free, 1.800.992.2076.

There is no age limit for applying for financial aid. The purpose of College Goal Sunday is to target those students who are graduating from high school but anyone interested in financial aid for college or technical school in 2007 may attend.

In order to qualify for financial aid, you must complete the Free Application for Federal Student Aid (FAFSA). With a completed FAFSA, required by educational institutions nationwide, you could qualify for federal and state grants, loans, scholarships and other financial awards.

Students who don't qualify for grants but who are applying for a college loan must also complete the FAFSA. Completed FAFSAs must be received at the federal processor by Mar. 10, 2007.

Students 23 years of age or younger should attend with their parent(s) or guardian(s) and bring their parents' completed 2006 IRS 1040 tax return, W-2 forms or other 2006 income, asset



Save money on your office supplies at home

OfficeMax is offering State of Indiana employees a 25 percent discount off list cost for personal office supplies. The discount is available only online and cannot be used in OfficeMax retail stores.

Orders can be placed by phone to the OfficeMax customer service center or online. Orders are billed to the individual's personal credit card and then shipped to their home or other specified location. Both debit and credit cards are acceptable. Indiana state sales tax applies to all purchases, as well as a \$1 shipping fee for orders under \$50. If furniture is ordered, additional shipping costs will apply.

Log onto the State Personnel Department's Web site for specific information on how to access this new discount:

<http://www.in.gov/jobs/programs/officemax.htm>

and benefits information. Anyone completing and submitting the FAFSA at one of College Goal Sunday's computer- and Internet-access sites should bring their U.S. Department of Education personal identification numbers (PIN), which can be obtained at www.pin.ed.gov/ a few days before the event. The College Goal website provides a list of those sites with internet access as well as those offering Spanish interpreters.

College Goal Sunday is sponsored by the Indiana Student Financial Aid Association, State Student Assistance Commission of Indiana, Learn More Resource Center, and the Twenty-first Century Scholars Program.



INDIANA STATE EMPLOYEE NIGHT WITH THE INDIANA ICE

-YOU PICK THE GAME-

February 3, 2007

VS Green Bay Gamblers

7:00 PM CONSECO FIELDHOUSE

"PACK THE HOUSE" NIGHT

Presented by KeyBank

Proceeds supporting United Way of Central Indiana

-OR COME OUT ON-

February 24, 2007

Vs. Ohio Junior Blue Jackets

7:00PM CONSECO FIELDHOUSE

FEATURING PRE- GAME CONCERT WITH MATTHEW WEST

- Nominated for Artist
of the Year at the 2005
GMA Music Awards



DISCOUNTED TICKET PRICES

Tickets just \$11 or \$7 for all

State of Indiana employees, family & friends

To order tickets: order online, mail in the order form

or call Jason at the Ice: (317)925-4423 x205

Name: _____ Address: _____

City: _____ Zip: _____ Phone: _____

Email: _____ Game Choice: 2/3 _____ 2/24 _____

of tickets @\$11 _____ # of tickets @\$7 _____ Total Due: \$ _____

Type of Payment: Check, MC, VISA, AMEX, DISC

Account #: _____ EXP. Date: _____

Make checks payable to: Indiana Ice
Send to: Indiana Ice, C/O State Employee Night
1202 East 38th St.
Indianapolis, IN 46205

For more information call:
Jason Burkman
jburkman@indianaice.com
(317) 925-4423 x205

To order online: <http://marketmail.sportsfansusa.com/indianaice/groups/stateemployee> Group ID: Access



317.925.4423
Indianalce.com

That's classified information!

State employees submitting items for sale must agree to the following rules:

- Contact information must include either a phone number (home or cell, no state numbers) or a home e-mail address. Include your area code!
- Ads must be submitted via e-mail to spdccommunications@spd.in.gov, the items must be included in the body of the e-mail, no photos or attachments are allowed. No bold or italic type, no ALL CAPS.
- There is a limit of one ad per employee per issue. Each ad has a limit of three items.
- Deadline is the 10th of the month prior to the next issue.
- If garage sale, need to list times, date, street address and town.
- No real estate, for sale or rent.
- No Avon, Mary Kay, vitamins, etc.
- No businesses or professional services (i.e., tax preparation, car repair, animal breeding, etc.).
- State Personnel Department staff reserves the right to edit and/or refuse any ads.

2000 Kia Sportage; white, 4-door, 5-speed; new tires; runs good; 100,000 miles. \$3,800. Contact Cindie, princess-welker@hotmail.com.

Marvin Harrison, Colts blue game worn practice jersey; tagging is from 2002; size 52; includes Certificate of Authenticity from Game Exclusives. \$299. Contact Dan at 317.881.7308.

1988 Mastercraft, 17' Ragin Cajun bass boat with trailer; 150 HP Yamaha out-board motor; fish finder & trolling motor. \$4,000. Contact Jeff, 765.436.7417 after 6 pm or e-mail october922@yahoo.com.

Collectible Christmas dishes, Noel pattern by China Pearl; service for 12 plus several serving pieces. \$250. Phone 260.373.2022 or e-mail anson.shupe@verizon.net.

Sailboard; good condition. \$325 obo. Call 317.402.1267.

Parts cars: 1987 Pontiac Fiero, dark red/burgundy & 1991 Ford Mustang, black

two-door convertible. Make an offer. Call 317.570.0378 or 317.294.4040.

White GE electric washer/dryer combo; heavy duty, extra large capacity; great condition; used very little. \$500 OBO. Contact Linda, 317.459.1847.

Golf liquidation. Good quality equipment by TaylorMade, Mizuno, Adams; 3 full sets men's irons; several metalwoods & putters. E-mail taylor41@insightbb.com or call 812.699.0555 or 812.847.7685.

2001 Pleasure-way RV; Excel TS, wide body, Dodge 3500 chassis, class B camper-van, 19-ft., 24,000 miles; self contained, on board generator, electric couch/king bed, kitchen with stove-top, microwave, 3-way refrigerator, bathroom with shower & medicine cabinet, VCP/TV with cable hookup, furnace, awning, roof AC/heat, aux battery, outside shower, ceiling fan, air suspension, hitch & many extras. Search at: www.rvamerica.com or www.pleasureway.com. Call 812.829.1614 or e-mail dick.pigati@hotmail.com.

Whirlpool gas clothes dryer. Works great; lots of settings. \$150. Call 317.769.6757 or e-mail carrotforvierka@aol.com.

Gazelle exercise machine. \$99. Call 317.271.8335 anytime weekdays, week-nights and weekends after 9 a.m.

Greg Maddox autographed official major league baseball. \$550. Play Station 2 with multi tap, 8 games, 5 controllers, DVD remote control. \$225. Heavy duty stair stepper, all digital with heart monitor. Brand new. Paid \$500, will sell for \$175. E-mail at wildcatky@sbcglobal.net or call 317.244.6307.

Carpool from Bloomington to IGCN. Working hours are 7:30 a.m. to 4 p.m.; 2-yr-old child will be riding as well; willing to share driving or ride & pay. Contact me at 812.369.1933.

Thermos Grill-to-Go with carry case. Great condition. \$75. Call Randy Maier at 317.409.8129.

Dozens of basketball cards bought new in

the early 1970's.

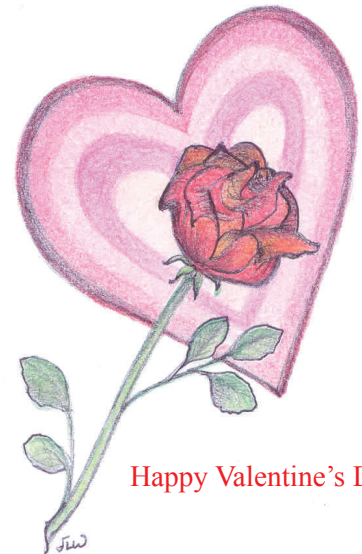
Players include Dr. J (rookie), Wilt Chamberlain & Lew Alcindor (Kareem Abdul Jabbar). Call for details 317.410.1896.

2 Sea-Doo GTI jet skis; 2003; includes trailer w/ accessories; low hours; garaged year-round. \$1,100. Contact sabauml@hotmail.com.

StairMaster FreeRunner 5600 Elliptical; commercial, health club-quality elliptical machine; very good condition. Buyer will need pick-up truck to transport. Sells for \$2,400 on Internet (<http://www.fitness-equipmentworld.com/ellipticals.htm>); from \$950 to \$1,700 on Ebay. \$400. Call Will Frayer at 317.289.8102.

Couch & recliner; great condition, non-smoking home, no pets. Perfect for college student or young adult furnishing first space. \$175, willing to separate. Voucher for roundtrip on United Airlines anywhere in continental US; expires Nov. 2007. \$350. Call Anne, 317.509.5274 or gopfarmgirl@yahoo.com.

Need baby girl items, due April 2007; infant carseat (up to 22 lbs.), clothes & other Items for first-time, single mom. Contact Ulrike, ucrawf@yahoo.com, or leave message at 317.335.2525.



Happy Valentine's Day!

Original artwork by Jerry Williams of State Personnel Department.

